



Create your own workout!



If you have enjoyed doing lots of exercise why not create your own workout? Choose 5 exercises to write on the lines and see if you can do them for 30 seconds!

You might want to include exercises like star jumps, running on the spot, jumping on the spot, skipping, high knees or heels flicks. Good luck!

Exercise 1: _____ for 30 seconds

Take a 30 seconds rest!

Exercise 2: _____ for 30 seconds

Take a 30 seconds rest!

Exercise 3: _____ for 30 seconds

Take a 30 seconds rest!

Exercise 4: _____ for 30 seconds

Take a 30 seconds rest!

Exercise 5: _____ for 30 seconds

You're finished! Well done!!